

Robert's Individual Story

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Robert has his own home having moved to an individual tenancy after sharing a house with others. This move has helped him to develop his independence, work towards reaching his full potential and to have control over his own life. He has ASD and receives support through the day and overnight.

It is important to Robert that he understands what is happening on each day and can talk to staff and understand what they are saying to him. To help with these things, Robert has a pictorial book and asks staff to speak clearly and slowly so that he has time to think about what is being said. He also uses timers to help him know when one activity is ending and another starting.

Robert likes his days to be structured and to know what is happening and this helps him to feel less anxious and not be upset by unexpected events.

Robert likes bowling, playing football, going for walks and watching the trains. Getting the right support has helped him to do the things he wants to do whilst feeling safe and relaxed.